



BY WORD OF MOUTH

frozen for you

WEEKNIGHT MEALS

MENU 1

2 ADULTS FOR 7 NIGHTS

Adrian's Mums Meatballs
Creamy Mashed Potatoes
Creamed Spinach

8 Meatballs (Serves 2)
800g (Serves 2-4)
310g (Serves 2-3)

MENU 2

2 ADULTS FOR 7 NIGHTS

Chicken a La King Pie
Green Salad

640g (Serves 2)

MENU 3

2 ADULTS FOR 7 NIGHTS

Lamb Knuckle Bredie
Creamy Mashed Potatoes
Minted Peas

640g (Serves 2)
800g (Serves 2-4)
180g (Serves 1-2)

MENU 4

2 ADULTS FOR 7 NIGHTS

Mac and Cheese with
Butternut and Pancetta
Green Salad

800g (Serves 2)

MENU 5

2 ADULTS FOR 7 NIGHTS

Traditional Cottage Pie
Baked Cauliflower Gratin

800g (Serves 2)
310g (Serves 1-2)

MENU 6

2 ADULTS FOR 7 NIGHTS

Spaghetti with Family
Favourite Bolognese

450ml (Serves 2-3)

MENU 7

2 ADULTS FOR 7 NIGHTS

Traditional Fish Pie
Creamy Mashed Potatoes
Minted Peas
Vanilla Ice Cream with Salted
Caramel Sauce

800g (Serves 2)
800g (Serves 2-4)
180g (Serves 1-2)
200ml (Serves 6)



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SHOPPING LIST

Green Salad
Ice Cream



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